

# Smoking and Indiana Women

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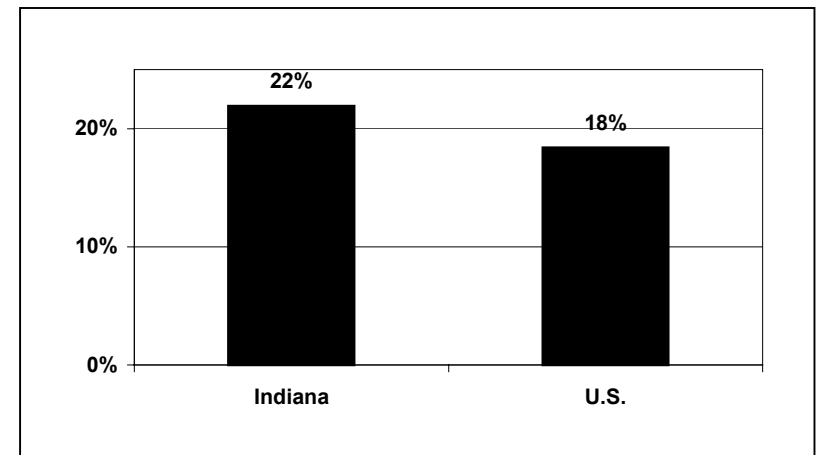
Tobacco use is the single most preventable cause of death and disease in the United States. Smoking alone is responsible for more than 9,700 premature deaths in Indiana annually, close to 3,800 of these deaths happen to Hoosier women.

Ninety percent of all lung cancer deaths in women smokers are attributable to smoking. By 1987, lung cancer had surpassed breast cancer as the leading cause of cancer-related deaths in women. Women who smoke have an increased risk for other cancers as well.

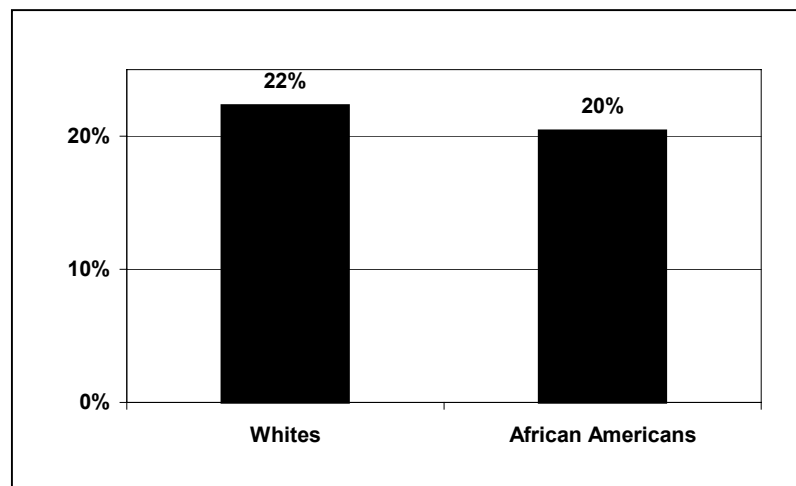
Women who smoke double their risk for developing coronary heart disease and are ten times more likely to die from chronic obstructive pulmonary disease (COPD).

Postmenopausal women who smoke have lower bone density than women who never smoked.

## Women Smoking Rates, Indiana vs. U.S.



## Indiana Women Smoking Rates by Race



- Proportion of women smoking in Indiana (22%) is higher than the national average (18%).
- Smoking among Indiana girls: 8 percent of middle school girls and 23 percent of high school girls are current smokers.
- Eighteen percent (18%) of pregnant women in Indiana smoke, nearly twice the national average (10%), making Indiana one of the highest among states.
- One in five White (22%) and African American (20%) women smoke, as race groups do not vary.

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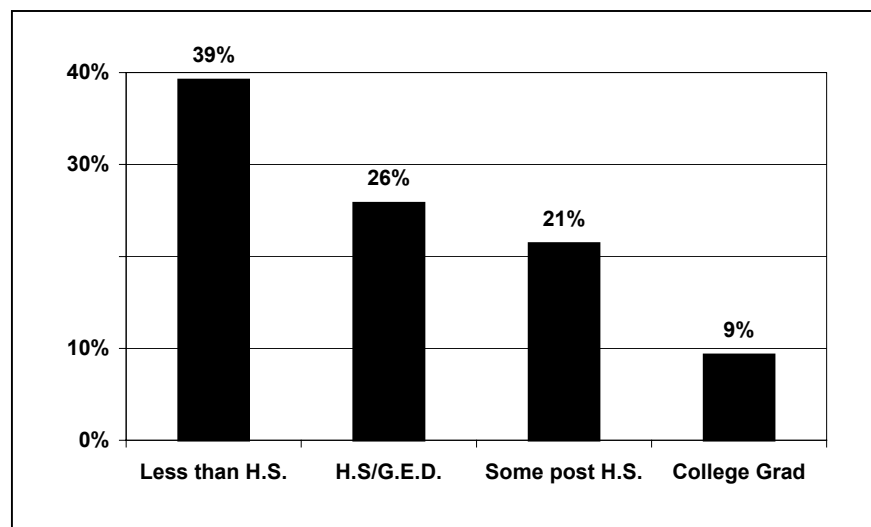
## Indiana Women Smoking by Age

- Women in the 18-24 age group have the highest proportion of smokers at among women of all age groups at 30 percent.
- Nearly one-fourth of women in age groups 35-44 are current smokers.

## Indiana Women Smoking Rates by Education Level

- As with all populations groups, smoking rates decline as education levels increase.
- Thirty-nine percent of women with less than a high school education are current smokers.

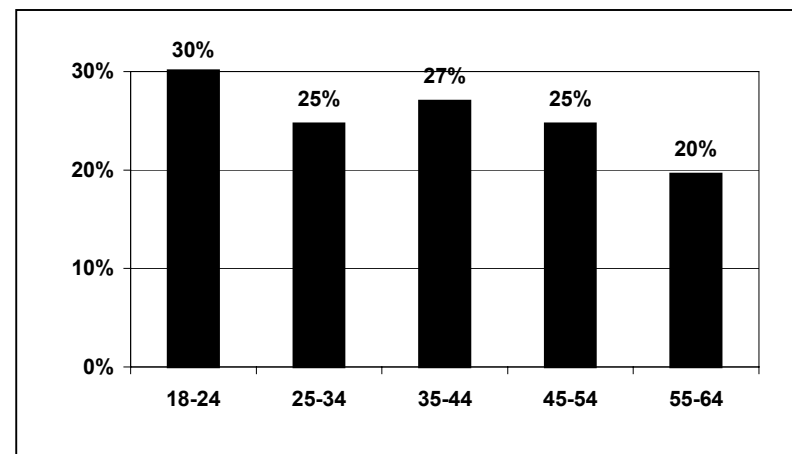
## Indiana Women Smoking Rates by Education Level



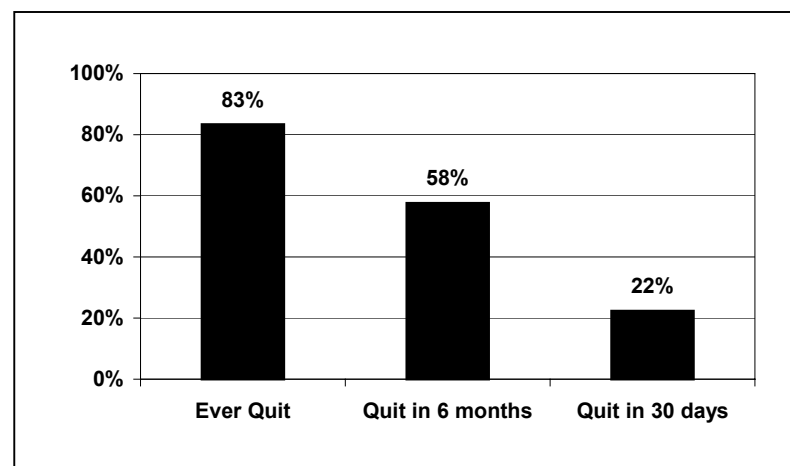
## Intentions to Quit Smoking

- Intentions to quit smoking among women in Indiana are similar to the proportion of all smokers in the state. A large proportion of female smokers want to quit. The percent of women smokers in Indiana expecting to ever quit or quit in the next 6 months is higher than the percentage of men smokers.

## Indiana Women Smoking Rates by Age Group



## Quit Intentions of Women Smokers in Indiana



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## Smoking During Pregnancy

Cigarette smoking among women increases the risk for infertility, preterm delivery, stillbirth, low birth weight babies, and sudden infant death syndrome (SIDS).

- Twenty to thirty percent (20-30%) of the cases of low birth weight babies can be attributable to smoking.
- Women who smoke during pregnancy had more than twice the risk of delivering a low birth weight baby.
- Babies with mothers who smoked during pregnancy have twice the risk of SIDS and infants of nonsmoking mothers.
- Women who smoke have a higher incidence of ectopic pregnancy.
- Pregnant smokers also have a 30-50% higher risk for miscarriage than nonsmokers.

The rate of Indiana mothers who reported smoking during pregnancy (18%) is considerably higher than the national average (10%). Even more alarming are rates in Indiana counties that exceed state and national averages. County rates range from 5% to 33%. See the **Pregnant Women and Smoking** fact sheet for county specific rates.

Prenatal exposure to secondhand smoke is also harmful to children and affects mental development. Children of mother who were exposed to secondhand smoke during pregnancy have lower scores on test for cognitive development at age two compared to children living in smoke free homes.

The high rate of smoking by Indiana women illustrate why tobacco use greatly impacts our State, especially our children. Through Indiana's tobacco control program we continue to raise Hoosiers' awareness of tobacco prevention and control issues. Several Indiana communities are working to create policies addressing secondhand smoke to protect all workers. Indiana continues to strive for a state where all can live without tobacco!

Last updated July 2007

Sources: 2006 Indiana Behavior Risk Factor Surveillance Survey, 2004 Indiana Adult Tobacco Survey, 2006 Indiana Youth Tobacco Survey ; CDC Tobacco Control Data Highlights 2006; [Women and Smoking: A Report of the Surgeon General](#). Atlanta, GA: U.S. Department of Health and Human Services, Public Health Service, CDC, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2001. Novotny TE, Giovino, GE. Tobacco use. In: Brownson RC, Remington PL, Davis JR (eds). Chronic Disease Epidemiology and Control, 2nd ed. Washington, DC: American Public Health Association, 1998. pp. 117–148.